COMPONENTS OF THE MSK-US COURSE

**Project Title:** Usefulness of a Musculoskeletal Ultrasound Course in an Orthopedic Surgery Residency Training program

1) Online preparatory videos (1-2 hours)
   a) General ultrasound theory
   b) Setting and using the ultrasound machine
      i) Starting the machine
      ii) Selecting the appropriate probe
      iii) Adjusting depth and contrast
   c) Normal and pathological sonographic appearances of MSK structures
      i) Bones
      ii) Muscles
      iii) Tendons
      iv) Ligaments
      v) Bursae
      vi) Nerves
   d) Ultrasound anatomy of different regions of the MSK system
      i) Shoulder
      ii) Elbow
      iii) Knee
      iv) Ankle

2) Practical session (4-6 hours)
   a) Setting up and using the ultrasound machine
   b) The shoulder
      i) General exam
      ii) Biceps tendinopathy and rupture
      iii) Rotator cuff tendinopathy and rupture
      iv) Acromio-clavicular joint
   c) The elbow
      i) General exam
      ii) Distal biceps tendon rupture
   d) The knee
      i) General exam
      ii) Patellar tendon and quadriceps tendon
   e) The ankle
      i) General exam
      ii) Achilles tendon rupture
   f) Diagnosis of joint effusions
g) MSK injections
   i) Shoulder
      (1) GH joint
      (2) Subacromial bursae
   ii) Foot and Ankle
      (1) Ankle joint
      (2) Subtalar joint
h) Reductions
   i) Distal radius fracture
   ii) Both bone forearm fracture
i) Practice with the ultrasound machine (after each section)